

Healthy Eating: Drink to Your Health¹

Jennifer Hillan, Emily Minton, and Linda B. Bobroff²

Shakes and smoothies are a great and tasty way to incorporate more fruits and nutrients into your diet. For the following recipes, blend all ingredients until smooth and creamy. If you use frozen fruit, no ice is needed. Otherwise, blend with a few ice cubes.

Each recipe makes about 1–2 servings. Enjoy!

If you are lactose-intolerant, use lactose-free milk, or try calcium-fortified soy, rice, or almond milk instead of cow's milk.

Tip: Wheat germ will add many key nutrients such as B vitamins, vitamin E, folate, fiber, and protein to your shakes and smoothies.

Strawberry Shake

- 1 cup low-fat buttermilk
- ½ cup strawberries (fresh or frozen)
- ¼ cup cranberry juice
- 2 tablespoons wheat germ (optional)



Berry Banana Smoothie

- 1 cup low-fat plain yogurt
- ½ cup blueberries (fresh or frozen)
- ½ small banana (fresh or frozen)
- 2 tablespoons wheat germ (optional)

1. La versión en español de este documento es *Alimentación Saludable: Bebidas sanas* (FCS8694-Span). This document is FCS8694, one in a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611. Publication date March 2004. Revised March 2012 and September 2015. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
2. Jennifer Hillan, former ENAFS nutrition educator/trainer; Emily Minton, former ENAFS program coordinator; and Linda B. Bobroff, professor; Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. For more information on obtaining other UF/IFAS Extension publications, contact your county's UF/IFAS Extension office.

Peachy Smoothie

1 cup low-fat vanilla yogurt
½ cup peaches, sliced and drained (fresh, frozen, or canned in juice)
¼ cup 100% orange juice
2 tablespoons wheat germ (optional)

Apple Pie Smoothie

1 cup low-fat vanilla yogurt
¼ cup 100% apple juice
½ apple, peeled and diced
¼ cup unsweetened applesauce
¼ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg

Chocolate Banana Shake

1 cup low-fat milk
1 small banana (fresh or frozen)
3 tablespoons powdered cocoa
1 tablespoon sugar (optional)

Peanut Butter Banana Shake

1 cup low-fat milk
1 small banana (fresh or frozen)
1 tablespoon creamy peanut butter
½ teaspoon vanilla extract

Tropical Shake

1 cup low-fat buttermilk
½ cup mango, peeled and diced
½ cup pineapple (fresh or crushed canned)
½ teaspoon vanilla extract

Batido Smoothie*

1 cup papaya chunks (fresh or frozen)
1 banana (overripe, sliced)
½ cup plain low-fat yogurt
½ cup ice cubes (unless using frozen fruit)

Avocado Melon Breakfast Smoothie*

(makes 2 meal size servings; keeps well in refrigerator up to 24 hours)
1 large ripe avocado (pitted and peeled)
1 cup honeydew melon chunks
1½ teaspoon lime juice (about half a lime)
1 cup fat-free milk
1 cup fat-free plain yogurt
½ cup 100% apple juice or white grape juice
1 tablespoon honey

*Source: <http://www.whatscooking.fns.usda.gov>



Credits: Pichest/iStock/Thinkstock.com



Credits: ValentynVolkov/iStock/Thinkstock.com